

## **SBRC Gym Schedule**

## June 8-14



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
6:00am	•		Open Gym				Open	Gym	,			
6:30am	i		Bootcamp		<b>Open Gym</b> 6:00-8:50		Boote	camp	<b>Open Gym</b> 6:00-12:00			
7:00am	Open Gym		6:30-7:30				6:30-	-7:30				
7:30am	6:00-9:00		Complete				Com	plete				
8:00am	'		Conditioning					ioning	Camp		Open Gym	
8:30am			7:30-8:30 <b>Drop-in Total</b>			Camp		-8:30			Drop-in Total	Drop-in
9:00am	Bldr Lift 8:50-	Camp		n Total Fitness	Bldr Lift 8:50-	8:30- 9:30	=	n Total itness		8:30- 9:30	Body Fitness 8:30-9:30	Adult
9:30am	9:50	9:00-	_	-9:50	9:50		8:50-					Basketball
10:00am		10:30									Drop-in	8:00-11:00
10:30am	<b>Open Gym</b> 10:30-12:00		<b>Open Gym</b> 10:00-11:30		<b>Open Gym</b> 9:50-12:00		Open Gym				<b>Volleyball</b> 9:30-12:00	
11:00am							10:00-11:30					
11:30am							_					Onon Gym
12:00pm	Drop-in Sprts		Drop-in Adult		Drop-in Sprts		Dro Ad	•	Dron-i	n Sprts		
<u> </u>	Conditioning 12:00-1:00		Basketball		Conditioning		_	uit etball	Conditioning			Open Gym 11:00-2:00
12:30pm	12.00-1:00		11:30-1:30		12:00-1:00			)-1:30	12:00-1:00		Open Gym 12:00-2:00	11.00 2.00
1:00pm		]				Adult					12.00 2.00	
1:30pm	Sr. Vball 1:30- 3:30		Drop-in Pickleball 1:30-3:30		<b>Bball</b> 1:00-2:30		Dro	p-in	Open	Gym		
2:00pm								Pickleball		-5:00		
2:30pm							1:30-3:30					
3:00pm	3.30				,							
3:30pm	1	Camp 3:30-4:00		<b>Camp</b> 3:30-4:00		Camp 3:30-4:00		<b>Camp</b> 3:30-4:00		Camp 3:30-4:00		
4:00pm	ı											
4:30pm	Open Gym 1:00-8:30		<b>Open Gym</b> 3:30-5:45		<b>Open Gym</b> 1:00-6:30		<b>Open Gym</b> 4:15-8:30		Drop-in Badminton			
5:00pm												
5:30pm												
6:00pm								V-ball	5:00	-6:45		
6:30pm			Men's		Men's Basketball League			Rental				
7:00pm								5:45- 8:15				
7:30pm	n		Baketball					0.15			6	
8:00pm			<b>League</b> 5:45-10:00									
8:30pm			5.45-	10.00		10:00						
9:00pm					0.00	_5.55						
9:30pm												